

YOGA/PILATES/ZUMBA GOLD

Yoga is a lifestyle incorporating natural exercise, proper breathing, relaxation, medication, and positive thinking that can dramatically increase the joys of your life. Wear comfortable clothes and bring a yoga mat to sit on. **Save 20% on the 2nd class when you register for 2 classes in the same session. This includes Pilates.**

***No classes September 6, September 14 - 17 or November 22 - 26.**

YOGA PM

Day: Mondays
Date: Session I: August 9 - October 4
 Session II: October 11 - December 6
Time: 5:30 p.m. - 6:45 p.m.
Fee: \$70 per person
Age: 18 & older
Location: Activities House



YOGA AM

Day: Wednesdays
Date: Session I: August 11 - October 6
 Session II: October 13 - December 8
Time: 8:45 a.m. - 9:45 a.m.
Fee: \$70 per person
Age: 18 & older
Location: Activities House

PILATES

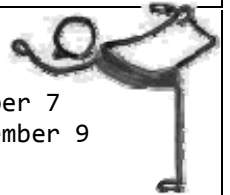
Designed to build and strengthen the body's core stability. The powerhouse includes the spine, abdomen, back muscles, gluteus, inner/outer thighs, quads, and hamstrings.

Day: Tuesdays
Date: Session I: August 10 - October 5
 Session II: October 12 - December 7
Time: 5:30 p.m. - 6:30 p.m.
Fee: \$70 per person
Age: 18 & older
Location: Activities House



YOGA PM

Day: Thursdays
Date: Session I: August 12 - October 7
 Session II: October 14 - December 9
Time: 1:00 p.m. - 2:00 p.m.
Fee: \$70 per person
Age: 18 & older
Location: Activities House



ASHTANGA YOGA AM

Day: Fridays
Date: Session I: August 13 - October 8
 Session II: October 15 - December 10
Time: 8:30 a.m. - 10:00 a.m.
Fee: \$70 per person
Age: 18 & older
Location: Activities House

ZUMBA GOLD FOR SENIORS

The Zumba Gold program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.

Day: Wednesdays
Date: September 1, 8, 22, 29
Time: 10:30 a.m. - 11:30 a.m.
Fee: \$35 per person
Age: Adult
Location: Kiwanis Center



*Additional classes will be scheduled upon demand!

BOOT CAMP

If you are looking for the ultimate, structured, motivating, and result driven program, join the only department authorized boot camp program offered in Kenwood Park. We are currently taking an interest list of individuals who are interested in this program.



Great for groups, organizations, or family fitness!



Call the number below for more information or to be placed on an interest list!